



COURSE OVERVIEW

PCP-12PT, Physical Training 2, will take place in the gym and on the Jiu Jitsu mat. Prior to the commencement of Physical Training 2, students will have the option to participate in a physical abilities test to help gauge their progress from PCP-11PT Physical Training 1 and to set new personal goals for *PCP-12PT*. The test standards will be the same as those used by industry for pre-employment hiring purposes. All students will be expected to participate in a minimum of 4 physical training sessions per week.

Resistance Training

Those students who met the physical standard, will be permitted to submit their own logged resistance training workouts for approval. Those students that did not meet the physical standard will be encouraged to follow a prescribed physical training program and their progress will be monitored throughout the program.

The Academy provided workout plan is as follows (exercise substitutions will be considered when physical limitations exist):

Wednesdays 1-minute rest between ¹ supersets			
	Exercise	Acceptable Variations	Sets x Repetitions
Superset #1	Squats	back squats or front squats or goblet squats	3 x 20
	Leg curls	machine or dumbbell or ball	3 x 8
Superset #2	Dumbbell chest press	flat or low incline or decline	3 x 8
	Bent dumbbell flyes	pronated or supinated or neutral grip	3 x 12
Superset #3	Rack pulls	N/A	3 x 6
	Planks	N/A	3 x 2 minutes



Fridays			
1-minute rest between ¹ supersets			
	Exercise	Acceptable Variations	Sets x Repetitions
Superset #1	Bulgarian split squats	N/A	3 x 12
	Romanian deadlifts	dumbbell or barbell	3 x 12
Superset #2	Push-ups	various angles or from knees	3 x 20 or ²AMRAP
	Dumbbell overhead press	seated or standing, various grips	3 x 12
Superset #3	Pull-ups or pull-downs	progressions acceptable	3 x 8 or ²AMRAP
	Floor crunches	N/A	3 x 20 or ²AMRAP

Optional			
1-minute rest between ¹ supersets			
	Exercise	Acceptable Variations	Sets x Repetitions
Superset #1	Single leg calf raises	N/A	3 x 20 with each leg
	Static bar holds	N/A	3 x min: 10 secs max: 30 secs
Superset #2	Dumbbell hammer curls	alternating or concurrent	3 x 10
	Parallel bar dips	various grip widths	3 x 8 or ²AMRAP

Self-defense (Jiu Jitsu) Sessions

During term 2, students will supplement their physical training with a 14-week self-defense and fitness training module with a focus on worst-case scenario positions and situations in which a Paramedic may find themselves. The aim will be to dovetail onto the lessons provided in term 1 and continue to strengthen the students' skillset necessary to help them survive against a bigger, stronger patient or bystander who may attempt to inflict harm (either voluntarily or involuntarily).

Specific lessons include overview of positions, punch blocks, takedowns, escapes, holds, and submissions



MEETING TIMES & INSTRUCTIONAL METHODS

Resistance training:	Wednesdays (Groups A&B)	09:00 – 10:00 / 13:00 – 14:00
	Fridays (Groups A&B)	09:00 – 10:00 / 13:00 – 14:00
Self-defense:	Tuesdays	15:00 – 16:00
	Thursdays	15:00 – 16:00
Total hours:	45	

REQUIRED MATERIALS, PREREQUISITES, & COREQUISITES

Class Materials

All students should bring the following items to each physical training session:
Athletic wear suitable for physical activity, water bottle for hydration, note pad & pen/pencil if you wish to take notes.

Prerequisites: None

Corequisites: PCP-100, PCP-108, PCP-122, PCP-124, PCP-126, PCP-127, & PCP-129

INSTRUCTOR(S)

Instructor(s):

Troy Berteit, PFT

E-mail: troy.bertheit@omnilifesupport.com

Voice: (506) 830-4277

Quantum Jiu Jitsu

E-mail: info@quantumjj.com

- Professor Alexander MacKinnon

LEARNING OUTCOMES

Upon successful completion of this course, it is expected that students will have improved their physical fitness and their ability to defend against physical confrontation in the course of performing their duties as a Paramedic. By the end of the course, the student will be able to:



- Demonstrate safe and proper execution of a push-up
- Demonstrate safe and proper execution of a dumbbell bench press
- Demonstrate safe and proper execution of a plank position hold
- Demonstrate safe and proper execution of an abdominal crunch
- Demonstrate safe and proper execution of a wide grip pull up or pull down
- Demonstrate safe and proper execution of a barbell rack-pull
- Demonstrate safe and proper execution of a bent dumbbell row
- Demonstrate safe and proper execution of a dumbbell Romanian deadlift
- Demonstrate safe and proper execution of a hamstring leg curl
- Demonstrate safe and proper execution of single leg calf raises
- Demonstrate safe and proper execution of dumbbell Arnold presses
- Demonstrate safe and proper execution of dumbbell lateral flyes
- Demonstrate safe and proper execution of bent dumbbell flyes
- Demonstrate safe and proper execution of parallel bar dips
- Demonstrate safe and proper execution of dumbbell squeeze presses
- Demonstrate safe and proper execution of a barbell squat
- Demonstrate safe and proper execution of a Bulgarian split-squat
- Demonstrate safe and proper execution of barbell biceps curls
- Demonstrate safe and proper execution of dumbbell hammer curls
- Demonstrate safe and proper execution of a static barbell hold
- Demonstrate a 10% increase in initial lifting capacity when performing all exercises in their respective resistance training workouts
- Demonstrate a beginner level of competence in self-defense techniques

INTENDED LEARNING OBJECTIVES:

Learning objectives for PCP-12PT Physical Training 2 are purely supportive of other courses and not directly linked to a corresponding NOCP sub-competency.

GRADING

While we do place a great deal of importance on physical fitness in this program, *Physical Training 2* is provided to the students more as an added value rather than a course that must be passed in order to proceed with the program. Successes in this course will not be graded but a grade will be assigned based on attendance (see “Attendance” below).



**OLS
Academy**

**Primary Care Paramedicine
Term 2
PCP-12PT Physical Training 2
OLS Academy
Course Outline**

EXPECTATIONS & TIPS FOR SUCCESS

Gym Protocol: Students are expected to be courteous and respectful of others, and mindful that, while physical training should be fun, the gym is a shared working space with the primary goal of physical fitness goal attainment.

Attendance: Unless otherwise notified by the class instructor, attendance to all classes is mandatory. Absences will be tracked. The expectation is that each student will participate in 2 resistance training workouts and 2 Jiu Jitsu sessions each week. Excused absences will be assessed on a case-by-case basis.

Each student will be assigned a grade of 100% at the beginning of the course. For all non-excused absences, 2 percentage points will be deducted from the overall grade. Deductions will not exceed a total of 30 percentage points and therefore will not contribute to an overall non-mastery of the program.

Communication Methods: Students can email the instructor at troy.bertheit@omnilifesupport.com.

This outline is subject to change at the discretion of academy administrators.